



A Flexitarian® True to Nature Company

Reduced Sodium “Chicken Style” Quick Mix Dry Mix Product Information (Vegetarian)

For additional product information, instructions, and recipes in this document have been prepared by Ron Pickarski, the first plant-based vegetarian chef to be certified as an Executive Chef by the American Culinary Federation. Chef Ron is also an expert in the preparation of traditional cuisine, but specializes in gourmet vegetarian cuisine prepared with plant-based foods.

For preparation assistance, menu development, special product application and technical information please contact Ron Pickarski at ron@eco-cuisine.com or call at (303) 402-0289. Product training videos are on Eco-Cuisine’s web page at www.eco-cuisine.com Chef Pickarski will instruct you on how to work with the products and assist your company in integrating this vegetarian product into your menu with minimum effort.



“Chicken Style ” Cacciatore

Description & Recipe Application/Uses: Eco-cuisine’s RS “Chicken Style” Quick Mix is all-natural & the dry mix has an off-white color & the scent of chicken. By simply adding water & oil to the basic mix (plus any desired combination of savory flavoring ingredients, pre-cooked whole grains, and/or beans), then mixing, forming, & cooking, the result is a reduced-fat & sodium, plant-based, meat substitute with the rich flavor, texture & color of cooked chicken. Applications include cold cuts, chicken loaves, burgers, Cacciatore, Piccata, à la King, Stuffed “Breast”, Pistachio Crusted, etc., & the variations are limited only by the chef’s creativity. This product is freeze-thaw stable when prepared & has a shelf life of 5-7 days when cooked & stored as directed. This protein can be substituted for chicken in all recipes and menus. Kosher certified

Recipe Index Sampling:

- Chicken Pot Roast/Steam Method
- Arroz Con Pollo
- BBQ Chicken with Caramelized Onions
- Chicken Le Coq Au Vin
- South Western Three Bean Loaf
- Chicken Tikka Masala
- Chicken Avocado Wrap
- Chicken Buffalo Wings
- BBQ Chicken with Beans and Caramelized Onions (On a Bun option)
- South Western Black Bean Chicken Loaf with Sundried Tomatoes
- Lentil Cutlets
- Quinoa Chicken Cutlet with Sundried Tomatoes
- Thanksgiving Day Roast
- K-12 vegan South Western Bean Loaf
- Chicken Style Salad

Basic Vegan Chicken-Style Protein

Yield: Approximately 2-1/4 lb. Roll

1 pound
1/4 cup
2-1/4

Eco-Cuisine Vegan Chicken-Style Quick Mix
canola oil (Use up to ¼ cup more if desired)
cups water*

1. Mix Vegan Chicken-Style Quick Mix, oil and water in mix with a paddle on medium speed for 4 to 5 minutes to develop the proteins structure.
2. Press into oiled pan, cover with plastic wrap and steam until protein reaches 180 Degrees F. or higher. Cool and use as desired.

Shelf Life: In its mixed raw or cooked state, the protein dough is freeze-thaw stable and has a shelf life of 5-7 days in a refrigerated, airtight, sealed container.

***Texture Option:** For a softer textured product, add an additional ½ cup of water.

For mass production it is optional to lightly oil shallow full size steam pans and press the mixture into the pan knocking the air out of it. Do not exceed 2-inches in depth. Cover with plastic wrap.